



Capital Area Food Bank Food Drive Most Wanted List

Non-perishable Food Items

Canned Proteins (tuna, salmon, chicken, peanut butter)

Canned Fruits in Own Juices or Light Syrup (Pineapples, peaches, and pears)

100% Fruit Juices (all sizes including juice boxes)

Grains (pasta, whole wheat pasta, rice, brown rice, macaroni and cheese)

Condiments (tomato based sauces, light soy sauce, ketchup, mustard, light salad dressings)

Low Sodium/ No Salt Added Canned Vegetables (mixed, green beans, corn)

Soups (beef stew, chili, chicken noodle, turkey rice)

Multigrain Cereal (cheerios, cornflakes, grapenuts, raisin bran)

Hygiene Products

Diapers

Deodorants for men and women

Feminine products

Toilet paper

Tissues

Soap

Toothpaste

Shampoo

Nutrition Education Programs

(For cooking classes and cooking demonstrations, designed to teach life skills, cooking skills, meal planning, and nutrition to adults and children.)

Brown rice (1 or 2 lb bags)

Flour (1 or 2 lb bags)

Barley (1 lb bag / box)

Olive and/or canola oil

Corn starch

Black beans (canned)

Garbanzo beans (canned)

Thyme (small size)

Kids' Café *(An evening meal served at after-school programs before a child goes home. Industrial sizes appreciated.)*

Applesauce

Juice (100% juice only)

Pasta Sauce (no meat)

Granola/Fruit bars

Graham Crackers

Peanut Butter and Jelly

Pretzels/Crackers

Assorted Nuts and Dried Fruit

Paper/Plastic Cups & Plates

Plastic Forks and Spoons